



Getting Ready for Surgery

***Failure to follow these directives could result in cancellation of your surgery*

- Arrival time:** The facility where your surgery is scheduled will confirm your arrival time but plan to be there at least 2 hours prior to surgery to register.
- Assistive devices:** If you are required to bring a walker, cane or crutches for your surgery be sure to have them prior to arriving.
- Braces:** If you were provided a brace in the office to put on following surgery bring that with you the day of surgery. Another brace cannot be provided the day of surgery.
- Driving:** Do not plan to do any driving for at least 24 hours following surgery. Please have someone accompany you to surgery that can stay during your surgery and drive you home following recovery for outpatient procedures.
- Eating/drinking:** You may not have anything to eat or drink 8 hours prior to surgery for adults (12 and over) and 5 hours prior to surgery for children (2-11). This includes water, gum, mints or lozenges.
- Hospital stay:** For surgery requiring an inpatient stay, you may be in the hospital for 1-3 days depending on the procedure you are having done.
- Illness:** If you develop a cold, fever, cough, infection, open sores or cuts in the operative area, your surgery date may need to be changed or cancelled. Please contact our office as soon as possible if any of these conditions present prior to surgery.
- Medications:** Discontinue anti-inflammatory medication 7 days prior to surgery (ibuprofen, Naprosyn, aspirin, advil, aleve, excedrin, Bufferin, Motrin, Naproxen, Mobic).
Blood thinners, specific instructions will be given depending on your particular medication.
Supplements and herbals should also be discontinued 7 days prior to surgery.
Prescription diet medications should be discontinued 14 days prior to surgery.
- Showering:** You should shower the day of surgery with an antibacterial soap. No make-up, perfume, body lotions etc. should be worn.
- Smoking:** Avoiding smoking several days prior to surgery is preferable, but even as little as 24 hours prior to surgery is beneficial.